

OBT Pre-Trade Checklist

A 45-second mental audit to clear emotional noise before you risk capital.

1. Emotional State Check

Before you touch the order ticket, check your internal state. A cloudy mind creates bad trades, even with a good strategy.

If any answer is “yes”, pause for 2–5 minutes. Stand up, breathe, and reset. You're not in danger – you're just not ready.

- Am I calm enough to make clear decisions right now?
- Am I rushed, irritated, tired, bored, or unusually excited?
- Am I trying to make back earlier losses or build on earlier wins?

2. Market Readiness Check

Your edge has an environment. Not every session deserves your risk.

If conditions look poor for your approach, step back. Bad conditions don't just hurt your P&L; – they tempt emotional trades.

- Is this market currently moving with structure, or is it wild and messy?
- Is this a session where my strategy historically performs well?
- Are there high-impact news events in the next 30–60 minutes?

3. Strategy Alignment Check

Confirm that you are trading your plan, not your urges.

If you can't clearly explain the setup, it isn't a valid setup – it's a wish.

- Does this setup match my written rules exactly?
- Am I improvising because it 'looks good' or 'feels right'?
- Can I describe the setup in one simple sentence?

4. Risk & Position Check

A trader with vague risk is not trading – they're gambling.

If anything in this block feels fuzzy, the trade is not allowed yet.

- Do I know my precise stop-loss level?
- Do I know the exact position size before clicking buy/sell?
- Does this trade fit my daily and session risk limits?
- If this trade loses, will I still be emotionally stable enough to follow my plan?

5. Rule Integrity Check

Be honest about your motivation for this trade.

If the motivation is emotional, stand down and reset.

- Am I trading to execute my edge?
- Or am I trading to escape an emotion (boredom, frustration, fear)?

6. Final Sentence

Before you place the trade, say this sentence out loud or silently:

If you cannot say this calmly, you are not in a position to trade.

"I accept the risk, I accept the outcome, and I will follow my plan."

Tip: Print this page and keep it next to your screen. Use a pen to tick off items before each trading session.